

ROCHESTER RECREATION CENTER
2014 CHILDRENS FALL SWIM LESSONS
21 ELTON HILLS DRIVE NW
507-328-2500

Registration for Children's Fall swim instruction will begin on Tuesday, August 5, 2014. You can register on-line at www.rochestermn.gov, by phone at 507-328-2500, or by stopping by the Recreation Center office. Visa, MasterCard and Discover are accepted.

Cost for the eight lessons is \$50.00. Children must be 6 years of age and 48" in height to participate. Class requirement listing is on the back to help you register your child in the proper class.



8:30	Level 1	Level 2			
9:15		Level 2	Level 3		
10:00	Level 1			Level 4	
11:00		Level 2	Level 3		
11:45				Level 4	Level 5

Class dates:
September 20, 27
October 4, 11, 18
November 1, 15, 22

Course of instruction established by the **American Red Cross.**

The American Red Cross offers six comprehensive course levels that teach you, your child or other family members how to swim skillfully and safely. The pre-requisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no pre-requisite. Each level of Learn-to-Swim includes training in basic water safety and helping a swimmer in distress, in addition to the skills outlined below:

AMERICAN RED CROSS



Level 1 – Introduction to Water Skills

Purpose: Helps students feel comfortable in the water. Level 1 participant learns to:

Enter and exit water safely	Submerge mouth, nose, and eyes	Exhale underwater
Use a life jacket	Float on front and back	Explore arm and hand movements
Explore swimming on front & back	Follow basic water safety rules	Open eyes underwater, submerge to
pick up object		

Level 2 – Fundamental Aquatic Skills

Purpose: Gives students success with fundamental skills. Level 2 participants learn to:

Exit water using ladder or side	Float on front and back	Enter water by stepping or jumping
from the side Move in water wearing life jacket	Tread water	Explore swimming on
side		
Open eyes underwater, submerge head to retrieve object	Perform rhythmic breathing	Glide on front and back
Roll over from front to back, back to front	Swim on front & back using combined strokes	

Level 3 -- Stroke Development

Purpose: Builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to:

Jump into deep water from the side	Dive from sitting or kneeling position	Submerge fully and retrieve object
Bob with head fully submerged	Perform rotary breathing	Survival float
Swim front crawl	Swim back crawl	Perform butterfly kick and body
motion		
Perform HELP and huddle positions	Perform reaching assists	Use Check-Call Care emergency
Change from vertical to horizontal position on front and back		

Level 4 – Stroke Improvement

Purpose: Develops confidence in the skills learned and improves other aquatic skills. In addition to improving the front crawl and back crawl. Level 4 participants learn to:

Dive from compact or stride position	Swim underwater	Perform feet-first surface dive
Coordinate butterfly	Swim breaststroke	Swim elementary backstroke
Swim on side using scissors kick	Perform open turns on front and back	Tread water using sculling arm
motions & kick		
Use safe diving rules	Care for conscious choking victim	Perform throwing assists
Perform compact jump into water from a height while wearing a lifejacket		

Level 5 – Stroke Refinement

Purpose: Provides further coordination and refinement of the following strokes:

Front crawl	Back crawl	Breaststroke
Butterfly	Elementary backstroke	Sidestroke

Level 5 participants also learn to perform:

Shallow dive and begin swimming	Treading water with two different kicks	Survival swimming
Tuck and pike surface dives	Front flip turn	Backstroke flip turn
Rescue breathing		

Level 6 – Swimming and Skill Proficiency

Purpose: Refines all six strokes so students swim with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing students to participate in more advance courses, including the Water Safety Instructor and Lifeguard Training courses, or other aquatic activities, such as competitive swimming or diving. The options include:

Personal Water Safety	Lifeguard Readiness	Fundamentals of Diving
	Fitness	